



University of California Cooperative Extension Food Stamp Nutrition Education Program

FYI...Magazine ranks worst foods for kids.

Parents Magazine has rated the **top 10 worst foods** for kids. In order, with the worst at the top:

- ◆ **CHICKEN NUGGETS.** Any fast food that's breaded and fried is bursting with fat. Add dipping sauces and you'll also load up on sodium and sugar.
- ◆ **CHIPS.** Giving your child a handful with lunch on occasion is fine, but keep in mind that potato and corn chips and cheese puffs are mostly fat, sodium, and empty calories.
- ◆ **DOUGHNUTS.** Most are packed with saturated fat and trans-fatty acids. An average doughnut has 200 to 300 calories.
- ◆ **FRENCH FRIES.** It's unfortunate that fries are the most popular vegetable in the U. S. They are high in fat and have few vitamins.
- ◆ **FRUIT LEATHER.** Most rolled-up dried fruit has a dab of fruit, a teeny bit of fiber, few vitamins and lots of sugar.
- ◆ **HOT DOGS.** High in fat and sodium, they don't provide much protein for the calories. Look for lower-fat brands or turkey dogs.
- ◆ **JUICE-FLAVORED DRINKS.** Most are no more than 10 percent juice; the rest is water and sweeteners.
- ◆ **PREPACKAGED LUNCHES.** They're convenient, but they tend to be high in saturated fat and sodium and packed with sugary treats. Most contain no fruits or vegetables.
- ◆ **SODA.** The average 12-ounce can of soda supplies almost 10 teaspoons of sugar.
- ◆ **TOASTER PASTRIES.** These contain a lot of fat and not much fruit. Instead, make a piece of raisin toast and serve it with peanut butter.

